What do I value as important?

5- very high importance
4- high importance
3- some importance
2- very low importance
1- no importance

Using the scale above, rank the following statements:

**Values that relate to your work environment**

--------- Risk/Adventure- your responsibilities at work include taking chances often

--------- Creativity- you have the chance to create or come up with new ideas

--------- Challenges- you will be faced with challenges, situations to resolve, and problems to solve

--------- High Paced- your environment is highly active

--------- Autonomy- you have much independence in your position

--------- Change- being in an environment where change occurs often, or where you have to adapt to new circumstances

--------- Variety- you responsibilities are varied allowing for many different experiences

--------- Authority- your job gives you the opportunity to be the person who makes decisions

--------- Competitive- you compete with others in your work environment

--------- Physical- your responsibilities include tasks that require physical action

--------- Money-Making- you have the opportunity to make increasingly large amounts of money

--------- Leadership- your responsibilities include supervising others

--------- Secure- there is low likelihood of you losing your position

--------- Pressure- your work environment includes many situations in which you are under pressure to perform job responsibilities well or on time

--------- Predictable- your responsibilities are predictable and are not likely to change often

--------- Flexible- your environment allows you to have a flexible schedule

**Values that relate to your personal interests**

--------- Specialized- in your environment, you are considered an expert in your area

--------- Recognition/Value- you are appreciated, recognized and valued for your hard work

--------- Knowledge Seeking- your job promotes or encourages the pursuit of knowledge and understanding

--------- Location- your job is located in an environment that is comfortable

--------- Morality- your work involves tasks that encourage moral standards important to you

--------- Community- Your job is located where you feel you can get connected and/or involved in the community

--------- Professional Growth- your position has good opportunities to move up the career ladder

**Values that relate to people in your environment**

--------- Friendship/Relationships- in your environment, having strong friendships with your co-workers is important

--------- Helping- your responsibilities include helping others

--------- Connection- you feel connected to the organization for which you work

--------- Control/Power- your job gives you the chance control others and their activities

--------- Contact- your environment encourages lots of interaction with others

--------- Isolation- your environment allows you to spend most of your time working alone

--------- Societal Importance- your job impacts society in positive ways

Are there other values that were not included on this list? Write those down and rate them as well.

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Next, take a moment to review your ratings, and list below those that are most important to you.

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It is important to consider which is of great importance to you when choosing a major or career

What are some ways you can determine if a major or career falls in line with the values you hold important?

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